TEACH ME THE WONDERFUL MAGIC

COOK USE TO CREATE SMILES

新米姉妹のふたりごはん

Let's have a meal together!

Sixth Course Pudding

柊ゆたか

THAT CRY SHE HEARD WHILE READING WAS...
ビクッ
Hyah!!
POP
Was that
ドア
Nee-san!?

Oh.
What are you doing?
Um.
I was thinking of making a fried egg...

両親の再婚により突然姉妹となり、ふたり暮らしを強いられた女子高生・サチとあやり。言葉数少なく目つきも鋭いあやりに対し物怖じをしてしまうサチだったが、あやりが得意な料理を通して、姉妹として少しだけ距離が近づくのだった。食いしん坊で元気いっぱいのサチ、うまくコミュニケーションが取れず人見知りが続くなってしまうけど無理が勇気なあやり。幸せな笑顔は美味しい料理から――女子高生のふたり暮らしクッキングストーリー！

yes!!
Yyyy-
It's pudding!!
Yeah.
It is-
I love pudding!!
And now I can eat it in class!? Cooking lessons are the best!
I'll be waiting for everyone's pudding!
I'll say this now
I won't be giving you any
Huh?

Or else you won't get credit
You'll have to properly cook this time
HOME EC COOKING CARD
You never do anything in these lessons besides eat what I made
Ish good!!
You're cutting it so fast!
Do your best, Eri!
But
I'm no good at cooking!
And the cooking lessons will make you better at it!!
Pyah!?

That's
That's just...
Make your own!!
Jeez!
I'm not gonna give you any pudding!
So
I thought, maybe I can fry an egg...
ぽか〜ん
ぽか〜ん

Wail
I'll never learn how to make pudding in time for the lesson!
It's hopeless!!
Um,
If you like, I can..
Sniff
Sniff
Pudding...

Ayari, I'm...
N-Nee-san!?
bad at cooking, but
really, really
will you teach me?

Yes!
Of course!
Let's make steamed pudding
The ingredients are eggs, milk, vanilla extract, sugar, and water
That's it?
SUGAR
VANILLA OIL

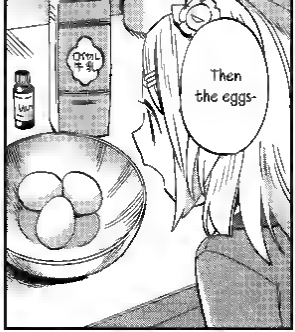
First, we'll make the caramel sauce
Put three tablespoons of sugar into a pot
SUG
You're making the pudding's topping, right?
Is it just burnt sugar?
Huh?
And put it on the fire

It's hot
Would you like to try it?
This smell..
Wow!
It's caramel!
Slightly bitter and sweet
?
a witch?
Is Ayari
Making caramel just from burning sugar..

The bitterness of the sauce depends on how burnt the sugar is
You can change it to your liking
This amount is just right!
Then remember the color of this sauce
After adding the caramel, put the cups in the fridge to cool
Now we'll make the pudding itself.
Okay!
Combine the milk and eggs
Fold in the warmed milk bit by bit
Also a few drops of vanilla extract.
Stir gently to avoid bubbles.

After you've mixed it,
pour it through a tea strainer into the pudding cups
Put the cups into the steamer with hot water
Leave the fire on low for ten minutes,
turn it off, and let it steam for another ten...
It's set!
Now it just needs to be put in the fridge

I think you can cook, Nee-san.
You've helped me before on the negi sausages.
We made pudding!
Hurray!
R-Really?
Now try doing it on your own, Nee-san
I'm a girl that can do it if I try!


Then the eggs-

Um..
First make the caramel sauce..
and pour it in the cups

It's okay
Huh?

I know, I know!
Eri says it too! That people who can't cook shouldn't be messing with the recipe!

A-Ayan
There's something I want to try out
TWIST

Try out your idea.
I'll watch over you.
I'll tell you if you do something wrong.
Yes!
The eggcutter?

I'll be using this to hold the pudding!
?
You want to crack the eggs with it?
FUN
Was it really that fun for you?
It's
It's done!
I made pudding!!

Using the eggshell to hold pudding
I made it, just like Ayari did!
Hurray!
It's a success..
The heat passed through evenly without overcooking or undercooking it

Starting with the one I made with Ayari
Yay! I can use magic!
Let's eat!
SLURP
IT'S SO SMOOTH!
AND THE GENTLE TASTE OF EGGS!

Next is the one I made!
Mmn!
It's really pudding!
It's bouncy and delicious!
But, it still can't match the ones we made together.
That's not true!
Nee-san's pudding is delicious!
R-Really?

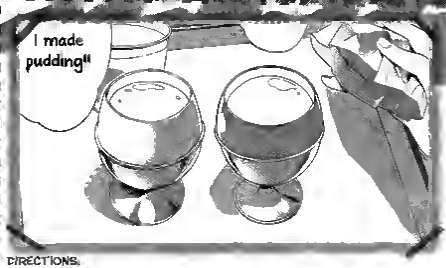
It's really
delicious
Th-
Thank you
Ah

Yeah,
it is!
Eri!
Today I'll make pudding for you!
Just wait!
Sachi...

And so...
Bucket
Pudding!
たぷん
I thought it'd be more interesting to make a bigger one
Huh?
There's no way it would fit in the steamer!
Hm?
I made a lot.
Thanks.
Oh, pudding.
It's good.
Ehehe
ALL'S WELL, ENDS WELL?
To be continued next issue!
March issue will be out January 27th!

今日のふたりレシピ vol. 6

today's futari recipe



PUDDING

INGREDIENTS:
TWO 90ML CUPS (SMALL CUPS)
ONE EGG
MILK, ABOUT 120 CC (HALF A CUP)
SUGAR, 30 G (TWO TABLESPOONS)
A DASH OF VANILLA EXTRACT

CARAMEL SAUCE:
SUGAR, 30 G (TWO TABLESPOONS)
SOME WATER
HOT WATER, ABOUT 15 ML (A TABLESPOON)

DIRECTIONS:
(MAKE SURE TO BUTTER THE SIDES OF THE CUPS IF YOU WANT TO TAKE THEM OUT BEFORE EATING.)

1. FIRST MAKE THE CARAMEL SAUCE. PUT THE SUGAR ALONG WITH SOME WATER (JUST ENOUGH TO DAMPEN IT) INTO THE POT ON HIGH HEAT. WHEN THE SUGAR START'S BURNING AND DARKENS, REDUCE THE HEAT AND TURN IT OFF WHEN THE DESIRED COLOR IS ACHIEVED. ADD THE HOT WATER. (BE CAREFUL, IT CAN SPATTER.) HEAT UNTIL THE CARAMEL AND WATER ARE EVENLY MIXED. SPOON THE SAUCE INTO THE CUPS AND COOL IN REFRIGERATOR. (THIS PREVENTS THE PUDDING FROM MIXING WITH THE SAUCE WHEN YOU POUR IT IN.)

2. MIX THE EGGS AND SUGAR WITHOUT ADDING ANY AIR TO IT. ADD VANILLA EXTRACT. FOLD IN PRE-HEATED MILK BIT BY BIT. (ADDING IT IN TOO QUICKLY WILL COOK THE EGG.) POUR THE PUDDING THROUGH A TEA STRAINER INTO THE CUPS FROM STEP 1.

3. COVER THE CUPS USING ALUMINUM FOIL AND PUT IN HOT STEAMER. STEAM FOR 10-15 MINUTES ON LOW HEAT. TURN OFF THE HEAT AND LET IT STEAM FOR ANOTHER 10 MINUTES. (IF YOUR HEAT IS STILL TOO STRONG EVEN ON LOW, USE A CHOPSTICK TO CREATE A GAP BETWEEN THE STEAMER AND LID.) THE PUDDING IS DONE IF A TOOTHPICK COMES OUT CLEAN.

WHY DO PEOPLE FIND PUDDING SO APPEALING? TODAY, YOU CAN FIND ALL SORTS OF PUDDING AT CAKE SHOPS AND CONVENIENCE STORES, AND IT'S ALSO QUITE EASY TO MAKE AT HOME. FROM CHEAP TO LUXURIOUS, THERE AREN'T MANY DESSERTS WITH AS MUCH VARIETY AS PUDDING. THAT'S JUST HOW MUCH PEOPLE LOVE PUDDING, SO IT'S NOT UNREASONABLE FOR SACHI TO CRY AT THE THOUGHT OF BEING UNABLE TO EAT IT.

DID YOU KNOW THAT EVEN PUDDING HAS IT'S TRENDS? RATHER THAN TASTE, IT'S THE TEXTURE THAT'S ALL THE RAGE. ROUGHLY SPEAKING, THEY CAN BE DIVIDED INTO FOUR TYPES: "MELT-IN-YOUR-MOUTH," "FIRM AND BRITTLE," "BOUNCY (SOFT AND CHEWY)," AND "FIRM AND CHEWY." TRY THINKING OF IT AS TWO AXES, ONE GOING FROM SOFT TO FIRM, AND THE OTHER SHOWING HOW CHEWY IT IS.

TRADITIONAL PUDDING WAS MOSTLY FIRM AND CHEWY. OVER TIME THE BALANCE HAS SHIFTED TOWARDS BEING SOFTER AND LESS CHEWY. OTHERWISE KNOWN AS "MELT-IN-YOUR-MOUTH." THIS NOT ONLY INCLUDES PUDDING LABELED AS SOFT, BUT ALSO THE STAPLE VARIETY SOLD IN CONVENIENCE STORES. EVEN ESTABLISHED VARIETIES ADAPT THEIR FLAVOR AND TEXTURE TO SUIT THE NEEDS OF TODAY'S CONSUMERS. RIGHT NOW SOFTER TEXTURE IS IN, SO THE CONVENIENCE STORE PUDDING IS GRADUALLY CHANGING TO BE SOFTER AND MELTIER, EVEN IF YOU CAN'T SEE IT.

PRACTICAL!!

★ COOKING MANGA RESEARCHER ★
SUGIMURA KEI'S
Futari Gohan

THE SECRET TO SOFTNESS LIES IN CREAM. ADDING CREAM IN ADDITION TO EGGS AND MILK WILL MAKE A SOFTER, FLUFFIER PUDDING. THE "NAMA CHOCOLATE" SOLD DURING WINTERTIME ALSO DERIVES IT'S SOFTNESS FROM CREAM. (NAMA CHOCOLATE IS A FRENCH TRUFFLE CUT INTO SQUARES.)

LASTLY, A BIT ABOUT THAT "PUDDING WITH SOY SAUCE WILL TASTE LIKE SEA URCHIN" RUMOR. IT'S MEANT TO BE A JOKE, BUT ACTUAL TESTS WITH A FLAVOR SENSOR SCIENTIFICALLY CONFIRM IT. OF COURSE, IT FALLS SHORT COMPARED TO HIGH GRADE SEA URCHIN (IN TERMS OF SWEETNESS, TEXTURE, AND SAVORINESS). RECENTLY, A SAVORY SEAFOOD-FLAVORED "JUST FOR PUDDING" SOY SAUCE HAS BEEN DEVELOPED. THOSE OF YOU WHO ARE INTERESTED MIGHT WANT TO GIVE IT A TRY.

SUGIMURA KEI Profile

THE POPULAR COOKING MANGA RESEARCHER BEHIND "SOY SAUCE NOTEBOOK," "SUITE HOT SAKE CLASSROOM," AND MANY OTHER WORKS. HE'LL TALK ABOUT THE COOKING FEATURE IN "SHIMAI SHIMAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

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